



2023 Canada Winter Games Long Track Speed Skating Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the Host Society by detailing competition formats and scoring procedures, assist Provincial/Territorial (P/T) Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coach certification by stating minimum requirements, and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "Train to Compete" phase of its Long Term Development (LTD) model, or other suitable phase of LTD as justified by the NSO.

Technical Packages are developed 36 to 24 months prior to the Canada Games primarily by NSOs, following the Canada Games Council's (CGC) [Principles that Govern Technical Packages](#). As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

Relevant Games stakeholders, specifically Provincial/Territorial Sport Organizations (P/TSOs) and P/T team staff, are encouraged to review the Technical Package in detail to ensure a thorough understanding. If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will submit the requested change or clarification to the CGC for consideration. Timelines for requesting changes to major elements of the Technical Package (i.e. team sizes, age categories, eligibility restrictions, events, competition formats) are outlined in the Principles that Govern Technical Packages. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games stakeholders early.

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2023 Canada Winter Games Long Track Speed Skating Technical Package

1. SPORT: LONG TRACK SPEED SKATING

2. PARTICIPANTS

2.1. Athletes

4 males; 4 females

All registered athletes must intend to compete in at least one event.

2.2. Staff

1 Long Track coach and 1 Long Track manager.

1 Long Track staff member must be male; 1 Long Track staff member must be female.

One of the two coaches for Long Track and Short Track must be female.

2.3. Additional Team Staff*

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have the same access as athletes and team staff.

- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's venue access
 - Sport Operational Zone (Zone 2)
 - Back of House Zone (Zone 3)

* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

One skate technician will be added to the list of Major Technical Officials that will be accessible to all teams at the Long Track venue. Teams will be able to use their own technicians (i.e. coach). However, no accreditation for additional staff will be granted to the Field of Play.

2.4. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- [Support for Nursing Mothers Policy](#)
- [Participant Assistant Policy](#)

3. CLASSIFICATION

Competitors who have reached the age of 14 on June 30th, 2022 but have not reached the age of 20 as of June 30th, 2022.

Year of birth: July 1, 2002 to June 30, 2008 inclusive.

Age exemptions for exceptional athletes may be granted through the 2023 Canada Winter Games Minimum Age Exemption Criteria - please see Appendix 3.

4. ELIGIBILITY

4.1. Athletes

All athletes must meet the eligibility regulations outlined in CGC's [Eligibility Policy](#).

Excluded from the Canada Games are:

- National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) **National Team, NextGen Team or National Team Training Partner** (i.e. recognized as a National Team member regardless of event participation)
- Athletes who have previously competed at the following events:
 - Senior World Championships

- Senior World Cups
- Olympic Games
- ISU Four Continent Championships
- FISU Games

If a skater competed in one of the above competitions in Short Track, they would remain eligible to compete at the Canada Winter Games in Long Track.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., if an athlete is granted National Team status for the first time, carding status or competes in an excluded event after November 20, 2022 they will still be considered eligible to compete at the 2023 Canada Games).

* Athletes who hold a C1 card (as defined by Sport Canada’s Athlete Assistance program) or are in their first year of National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective P/T Team Chef de Mission and approved by the Canada Games Council’s Eligibility Committee.

4.2. Coaches

Coaches registered in the Canada Games electronic registration system must be certified under the National Coaching Certification Program (NCCP) Competition Stream, Development Context (certified status) in Speed Skating.

Coaches must be so certified no later than 90 days prior to the opening ceremony (November 20, 2022).

Please note that “NCCP Competition-Development Certified, Not Renewed” does not qualify under the coaching standards for the 2023 Canada Winter Games.

Please refer to the CGC’s [Coach Certification Policy](#) for additional information:

For more information on the coach certification pathway for Speed Skating, please see Appendix 1.

4.3. Manager

Team Managers are not required to have any coaching certification. Branches may set their own criteria based upon the perceived needs within the branch. However, any Team Manager without the minimum Introduction to Competition certification will not be allowed in the coaching box.

5. COMPETITION

5.1. Events

Speed Skating Canada Rules shall prevail.

Long Track (scheduled over 4 days; may be subject to weather conditions)

Women: 500m, 1000m, 1500m, 3000m, Team Pursuit (6 laps), Mass Start (10 laps)

Men: 500m, 1000, 1500m, 5000m, Team Pursuit (8 laps), Mass Start (10 laps)

These events will be skated Olympic-style on a standard 400m track.

The racing format is outlined in the Long Track Field of Play Regulations (Appendix 4).

5.2. Temperature Guidelines for Outdoor Competitions

In all outdoor competitions, the temperature guide will be utilized to determine if the weather conditions that exist at the time of the competition and so described in the guide are suitable and appropriate for racing to commence or continue. The Chief Referee in consultation with the Long Track Technical Representative will make the determination and act accordingly.

Mass Start Competition (60 seconds for 500m)

Temp	Wind Max	Feels Like	Skater Speed	Total Speed	Temp Max
-20	54	-37	30	84	-38
-21	45	-37	30	75	-39
-22	43	-37	30	73	-40
-23	30	-37	30	60	-41
-24	24	-37	30	54	-42
-25	17	-36	30	47	-42

-26	6	-32	30	36	-42
-27	0	-27	30	30	-42
-28					
-29					
-30					

Olympic Style Competition (40 seconds for 500m)

Temp	Wind Max	Feels Like	Skater Speed	Total Speed	Temp Max
-20	46	-35	50	96	-40
-21	34	35	50	84	-40
-22	24	-35	50	74	-41
-23	20	-34	50	70	-42
-24	6	-30	50	56	-42
-25	0	-25	50	50	-42
-26					
-27					
-28					
-29					
-30					

6. TIE BREAKING RULES - COMPETITION

If there is a tie after the normal speed skating rules are applied (ISU rule 265.1), ties will not be broken in assigning individual ranks. Athletes will be given the same rank and the next rank is eliminated.

7. REGISTRATION & EVENT ENTRIES

7.1. Canada Games Council Registration Deadline

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 14 days prior to the Opening Ceremony (February 4, 2023).

7.2. Event Entry Deadline

Event entries for each participant will be confirmed at the Coach/Manager meeting held prior to the first event.

8. **SPORT SCORING POINTS**

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

8.1. Individual Events

- The Province/Territory's three best results in every event will count towards the Provincial/Territorial ranking point total
- Athletes will be ranked from first through last place
- Athletes who complete an event will be ranked ahead of those who start but do not complete the event
- Athletes who start but do not complete the event will receive last place points unless there is a penalty/disqualification
- Athletes who do not complete a race will be ranked ahead of a penalized/disqualified skater in the race
- A disqualified skater will receive last place points
- If there is a tie after the normal speed skating rules are applied (ISU rule 265.1), ties will not be broken in assigning individual ranks. Athletes will be given the same rank and the next rank is eliminated.
- Each event will be scored separately
- Sport scoring points will be awarded based on the *Sport Scoring Table - Individual Distance* in Appendix 4

8.2. Team Pursuit

- Teams will be ranked from first through last place
- Teams who complete an event will be ranked ahead of those who start but do not complete the event

- Teams who start but do not complete the event will receive last place points unless there is a penalty/disqualification
- Teams who do not complete a race will be ranked ahead of a penalized/disqualified team in the race
- A disqualified team will receive last place points
- If there is a tie for first place both teams will receive first place points. The next ranked team will receive third place points. Similarly if there is a tie for third place both teams will receive third place points and the next ranked team will receive fifth place points.
- Each event will be scored separately
- Sport scoring points will be awarded based on the *Sport Scoring Table - Team Events* in Appendix 4

9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Long Track Speed Skating, Flag Points will be awarded separately for female and male events based on the total of sport scoring points awarded. The Flag Points for Long Track Speed Skating and Short Track Speed Skating will be combined to give an overall ranking for Speed Skating (separate for female and male).

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in Section 10 (Tie Breaking Rules - Flag Points), Flag Points will be awarded as follows:

Placing	Points	Placing	Points	Placing	Points
1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1
3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		
5th	6	10th	2		

10. TIE BREAKING RULES - FLAG POINTS

Should a tie occur in the final Provincial/Territorial standings, the Province/Territory with the greatest number of event first places will be assigned the highest ranking. If a tie still exists, the procedure is repeated for second places, then third places, etc.

If the tie persists, the Province/Territory with the highest team standing in the last event completed will be assigned the highest ranking, then the second last event, etc.

11. MEDALS

The Canada Games will award medals to athletes only.

Gold: 18 in total; 10 for each individual event, 8 for the LT Team Pursuit.

Silver: 18 in total; 10 for each individual event, 8 for the LT Team Pursuit.

Bronze: 18 in total; 10 for each individual event, 8 for the LT Team Pursuit.

12. COMPETITION UNIFORM

Provincial/Territorial team colours must be worn. Additional information on each Provincial/Territorial team's colours can be found in Appendix C of the CGC's [P/T Team Uniform and Sponsorship Policy](#).

Appropriate speed skating attire as described in the Procedures and Regulations of Speed Skating Canada (D3-200 and D3-300 Mass Start) shall be worn. Clarification of this rule has occurred where all mass start skaters must wear cut resistant clothing meeting or exceeding the minimum standards as established by the ISU. Neck protection must be worn made of Kevlar, Dyneema or ballistic nylon. Please refer to Red Book rule D3-300 and ISU rule 2038 for more information.

13. EQUIPMENT

The equipment worn by the skaters must conform to D-3 of the SSC Procedures and Regulations.

14. PROTEST & APPEALS

14.1. Canada Games Council Appeal Policy

Appeals relating to the Long Track Speed Skating Technical Package or any decisions made by the CGC will be made in accordance with the CGC's [Appeal Policy](#).

14.2. Competition Protests

Refer to Appendix 5 - Field of Play Appeal Procedure.

15. ANTI-DOPING

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

16. APPENDICES

Please review the attached appendices as they form an integral part of this technical package.

- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines
- APPENDIX 3 - Age Dispensation
- APPENDIX 4 - Long Track Field of Play Regulations
- APPENDIX 5 - Field of Play Appeal Procedure

APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS

NCCP Competition-Development Coach Training and Certification Pathway for Speed Skating

This program is for coaches coaching Canada Winter Games and ISU Junior A, B, C level & up athletes (Train to Train, Learn to Compete, Train to Compete).

Step 1

Attend Multi-Sport Modules:

1. Developing Athletic Abilities Pre-course assignment online (www.coach.ca). Login to The Locker.
2. Developing Athletic Abilities multi-sport module (MSM). Register through a province/territory (www.coach.ca).
3. Prevention & Recovery of Injuries
4. Psychology of Performance

Step 2

Register for Speed Skating Canada Comp-Dev training & certification program.

Contact: Speed Skating Canada (ssc@speedskating.ca)

Step 3

Attend Speed Skating Training Modules:

1. Introductory Webinar
 2. Developing Speed Skating Physiology Webinar
 3. Performance Planning Webinars
 4. Performance Planning Workshop (2 days)
 5. Plan a Practice – Comp-Dev Webinars
 6. Technical Model Webinar
 7. Analyze Performance (Technical/Tactical) Workshop (2 days)
 8. Tapering and Peaking Webinar
 9. Manage a Sport Program Webinar
- *Webinars take place May - September

Attend Multi-Sport Modules (can occur at any time prior to evaluation):

1. Making Ethical Decisions
2. Managing Conflict
3. Leading Drug-Free Sport

Complete Multi-Sport Online Evaluations:

1. Making Ethical Decisions
2. Managing Conflict
3. Leading Drug-Free Sport

Speed Skating Evaluation:

1. Portfolio: to include the following submissions
 - a. Developing Speed Skating Physiology
 - i. Two (2) sample training protocols for speed (alactate/lactate), aerobic power, lactate capacity
 - b. Performance Planning
 - i. A Yearly Training Plan
 - ii. A sample microcycle from each macro cycle
 - iii. A training camp program
 - iv. A competition plan
 - c. Plan a Practice
 - i. Three (3) sample practice plans from different periods of the season
 - d. Analyze Performance Technical
 - i. Analysis of a skater, straight away, corner, start
 - ii. Corrective exercises for identified performance gaps
 - e. Analyze Performance Tactical
 - i. A race analysis
 - ii. A race plan
 - iii. A competition plan
 - f. Taper and Peaking
 - i. A four (4) week training plan leading to a major competition
 - g. Manage a Sports Program
 - i. A communication plan for skaters, parents and stakeholders
 - ii. A performance recruitment plan
2. Direct Observation – in Training
3. Direct Observation – in Competition

APPENDIX 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective NSO, at the request of the CGC and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

Parameters for establishing meaningful data for each PTSO to assess their talent pool for Canada Winter Games included an examination of top 16 results. The following was calculated: mean, median, and standard deviation. The summary of data provides a snapshot of the competition from previous Canada Winter Games and a window into potential performance outcomes for future Games.

Note: Times recorded in 2015 were indoor times while the 2019 times were outdoor times. As expected, the outdoor times are slower and there is a greater spread within the top 16 which can be expected to be true throughout the entire field of competitors. The competition in 2023 will be outdoors.

The summary of data that follows is not intended to represent minimum performance standards expected of athletes nor to guide provinces/territories in their selection of athletes but to provide a historical perspective on athlete performance at the Games.

Summary of data compiled from 2019 (outdoor) and 2015 (indoor) Canada Winter Games:

500m - ranked times skated by athletes who completed the distance within the top 16

1000m - ranked times skated by athletes who completed the distance within the top 16

1500m - ranked times skated by athletes who completed the distance within the top 16

5000m - ranked times skated by athletes who completed the distance within the top 16 (men)

3000m - ranked times skated by athletes who completed the distance within the top 16 (women)

Performance guidelines are not provided for the mass start as it has a large tactical component and includes the opportunity for drafting. Athletes that are competitive in the 1500m will likely enjoy some measure of success in the mass start. An assessment of an athlete's competitiveness for the mass start should therefore rely on their rank within individual distances.

A skater who has a time within one standard deviation of the mean may expect to be included in the top 16 of the field.

A skater who is one standard deviation faster than the mean time has podium potential. External factors that influence the outcome such as ice quality may impact overall performance. The ability to skate the time indicated does not assure a place on the podium.

Long Track Summary

2015 Women (indoor)	500m	1000m	1500m	3000m
Median	42.6	1:26.00	2:24.70	4:47.10
Mean	42.6	1:26.00	2:23.80	4:47.20
Standard Deviation	0.9	1.7	2.7	6.7
Podium Potential	41.7	1:24.30	2:21.10	4:40.40
Top 16	43.5	1:27.70	2:26.40	4:53.90
2019 Women (outdoor)	500m	1000m	1500m	3000m
Median	45.0	1:28.60	2:23.90	4:52.80
Mean	44.3	1:27.70	2:24.90	4:55.10
Standard Deviation	1.7	2.9	5.6	11.5
Podium Potential	42.5	1:24.80	2:19.20	4:43.70
Top 16	46.0	1:30.70	2:30.60	5:06.60
2015 Men (indoor)	500m	1000m	1500m	5000m
Median	38.7	Not Skated	1:59.50	7:25.30
Mean	38.7		1:59.70	7:25.20
Standard Deviation	0.7		2.8	9.7
Podium Potential	37.9		1:56.90	7:15.60
Top 16	39.4		2:02.50	7:34.90
2019 Men (outdoor)	500m	1000m	1500m	5000m
Median	38.40	1:16.40	2:01.40	7:39.70
Mean	38.60	1:16.70	2:04.30	7:36.60
Standard Deviation	0.9	2.0	4.2	24.50
Podium Potential	37.70	1:14.70	2:00.20	7:12.10
Top 16	39.5	1:18.70	2:08.50	8:01.10

Additional Areas for Consideration	Guidelines
Volume of Training	Speed Skating Canada's LTPAD model links T2C level with recommended volume of training. More information can be obtained from Speed Skating Canada's LTPAD documents
Level of Competition	Athletes who compete at the Canada Games will have preferably competed in at least a Canada Cup level event.

APPENDIX 3 - AGE DISPENSATION

Speed Skating Canada (SSC) has established a minimum age of 14 on June 30th, 2022 for participation in the 2023 Canada Winter Games. This age corresponds with the minimum Junior Age of the International Skating Union (ISU). While this minimum age provides a developmentally appropriate age threshold for most participants and chronological age is a simple and valid means to define participation, exceptions are possible. As recognized by the scientific literature supporting SSC's Long Term Participant and Athlete Development Model (LTPAD), individuals have different rates of growth, development and maturation, developing physically, socially, intellectually and emotionally at different rates.

The purpose of the minimum age criterion is to help ensure that participation in the Canada Winter Games is developmentally appropriate for participating skaters. The intent behind the criterion is to avoid situations where athletes are encouraged to pursue developmentally inappropriate and potentially harmful training and competition experiences. The purpose of the exemption process is to address the exceptional athlete whose growth, development and maturation is in advance of the majority of skaters.

The Canada Winter Games is a high-profile event among funders and the media in which the speed skating competition includes racing events that are considered developmentally appropriate for skaters who have experienced peak height velocity (PHV) and whose linear growth is decelerating. This is generally associated with athletes exiting the Training to Train, or within the Learning/Training to Compete stages of development, and a social environment appropriate for individuals in late adolescence and early adulthood. With the established age category, the vast majority of skaters are nearing physical maturity with their linear growth rate decelerating. Further, the large majority of age eligible skaters will have gained the life and sport experiences to enable them to cope with the emotional and social stress of a weeklong multi-sport experience.

Any provincial/territorial sport organization wishing to request a minimum age exemption must submit their request in writing to the Manager, Sport Development at Speed Skating Canada Head Office at least 4 weeks prior to the first provincial/territorial selection event for the 2023 Canada Winter Games. Requests for exemption should be made using the age reclassification form available from Speed Skating Canada and include the information described below.

The Sport Development Advisory Council will review the request and render a decision within 21 days of having received the application for a minimum age exemption.

Assessment Criteria for Exemptions to the 2023 Canada Games Minimum Age Regulation

The provincial/territorial sport organization should demonstrate in their request for exemption that an athlete's skating ability, growth, development and maturation are at a level which corresponds to that of the majority of athletes exiting the Training to Train stage of development and that participating in the Canada Winter Games will be a meaningful, developmentally appropriate competitive experience for the skater. All skater development data submitted will be compared to normative data for the population at large, and the skating results of participants meeting the minimum age criteria in the current season and at previous Canada Winter Games. Specifically, SSC will be seeking to confirm that the skater's growth, development and maturation is consistent with skaters exiting the Training to Train stage of development. As part of the submission, the following documentation should be provided:

Skater Development Information

The following documentation with regards to the skater's development should be submitted:

1. A list of the competitions and training attended by the athlete in the previous year that would prepare him/her for this event; and a summary of training history prior to the previous season, including number of years' experience in speed skating and other sport programs.
2. All physiological testing results available from the past 12 months including VO2 Max, Wingate, Vertical Jump, Leger-Boucher and other recognized testing protocols. Results submitted will be compared to normative data for athletes at the beginning of the Learning to Compete Stage of Development.
3. Records of the athlete's height taken at 3-month intervals, over the previous 36 months period. Measurements should follow the protocol laid out in the document: "The Role of Monitoring Growth in Long-Term Athlete Development" (Istvan Balyi & Richard Way). If less than 36 months data are available, current data should still be submitted. This data will be reviewed to confirm that the athlete has entered a phase of decelerating growth.
4. Examples of successful participation in other sporting competitions or other experiences that support this athlete's readiness for the 2023 Canada Games.

Other Documentation

1. A letter of support from the named Canada Winter Games coach stating that, in his/her opinion, the athlete has the social and emotional maturity to cope with the stress of participation in the Canada Games.
2. A letter of support from the skater's primary coach confirming the skater's readiness to participate in the Canada Winter Games. As part of this letter the coach should include

- his or her level of certification and coach certification number.
3. A list of steps that the provincial/territorial sport organization will take to ensure the athlete is prepared for and does have a positive experience at the Canada Winter Games, including formal support from the Branch for the submission.
 4. A letter of support from the Chef de Mission.

PLEASE NOTE: Any athlete who is granted an exemption to compete and is subsequently nominated to their provincial/territorial Canada Games team will need to submit signed waiver and release forms to the Speed Skating Canada national office prior to the date that their nomination must be submitted to the Canada Games Council/Host Society.

The waiver and release forms are available from Speed Skating Canada.

APPENDIX 4 - LONG TRACK FIELD OF PLAY REGULATIONS

This document is based on ISU Special Regulations & Technical Rules for Speed Skating 2018.

These will be updated when the new ISU Regulations & Technical Rules and the updated ISU World Cup Communications are published.

Rules

The competition rules used for the Canada Games Long Track event will be ISU Rules. If there is a discrepancy between this document and the ISU Rules, this document shall prevail.

Schedule

Day 1 (Saturday)	Training day
Day 2 (Sunday)	Men's 1500m Women's 1500m
Day 3 (Monday)	Men's 500m, and Team Pursuit Women's 500m, and Team Pursuit
Day 4 (Tuesday)	Training day (reserve day in case of bad weather)
Day 5 (Wednesday)	Men's 5000m Women's 3000m
Day 6 (Thursday)	Men's 1000m and Mass Start Women's 1000m and Mass Start
Day 7 (Friday)	Reserve day in case of bad weather
Day 8 (Saturday)	Reserve day in case of bad weather

The women's and men's 500m, 1000m and 1500m races will be in pairs.

The women's 3000m and men's 5000m will be skated in quartets.

The order of racing each day will alternate men's and women's events. On the first day and third day, men will race first and on the second and fourth days, women will race first.

In the event of bad weather, the Canada Winter Games Speed Skating Jury of Appeal may reschedule the events.

Entries

- The Entries shall be restricted to a maximum of 52 Ladies and 52 Men.
- Each Branch must submit a 500m, 1000m, and 1500m time for each skater. The times submitted must have been skated in a Speed Skating Canada sanctioned competition during the current season (2022-23).
- Each Provincial/Territorial association must confirm the time submitted with the date and location of the competition. Times must be submitted on the “SSC in-house Branch registration form” directly to the Chief Recorder no later than February 4, 2023.

Results (final ranking)

Over all distances, the time shall be measured to the accuracy of one hundredth of a second. If the timing system used displays accuracy beyond one hundredth of a second, these decimals shall be ignored when deciding the official time. If two skaters in the same pair have the same time, ISU Rule 220.3 applies.

Skaters will be ranked according to the fastest time, with the fastest skater winning the gold medal (ISU 220 and ISU 265).

Results from the Mass Start (final ranking)

The results are determined by the total number of points gained by the skaters. Points are awarded for the intermediate sprints and for the final sprint. The remaining skaters are ranked according to their order of finish. The system for awarding points shall be such that the first three finishers of the final sprint will also gain the top 3 ranks in the results of the race (ISU 253.4 X), and ISU 265.7 a)).

Results from the Team Pursuit (final ranking)

The time recorded for each team will be the finish time of the third member to cross the finish line, with the fastest team winning the gold medal (ISU 240.6e). Medals will be awarded to the top three Provinces/Territories and to each skater from these three teams, who competed in the Team Pursuit.

Sport Scoring and Provincial/Territorial Ranking

Sport Scoring and Provincial/Territorial ranking will be based on the 2023 Canada Winter Games Results (final ranking), Long Track Speed Skating.

Sport Scoring Table - Individual Distance (flag points)

- Based on the individual distance final ranking

Pos	PTS	Pos	PTS	Pos	PTS	Pos	PTS	Pos	PTS
1st	100	13th	73	25th	61	37th	49	49th	37
2nd	97	14th	72	26th	60	38th	48	50th	36
3rd	94	15th	71	27th	59	39th	47	51st	35
4th	91	16th	70	28th	58	40th	46	52nd	34
5th	88	17th	69	29th	57	41st	45		
6th	85	18th	68	30th	56	42nd	44		
7th	83	19th	67	31st	55	43rd	43		
8th	81	20th	66	32nd	54	44th	42		
9th	79	21st	65	33rd	53	45th	41		
10th	77	22nd	64	34th	52	46th	40		
11th	75	23rd	63	35th	51	47th	39		
12th	74	24th	62	36th	50	48th	38		

Sport Scoring Table - Team Events (flag points)

- Based on the team pursuit final ranking

Placing	Points	Placing	Points	Placing	Points
1st	150	6th	100	11th	50
2nd	140	7th	90	12th	40
3rd	130	8th	80	13th	30
4th	120	9th	70		
5th	110	10th	60		

Seeding

The skaters' seeding will be the skaters' performances in the appropriate distance at the Canadian Junior Long Track Championships / LT Canada Cup #2. If the Canadian Junior Long

Track Championships is held in conjunction with LT Canada Cup #3 the priority for seeding will be the Canadian Junior LT Championships / LT Canada Cup #3 and the performances from LT Canada Cup #2 will not be the first priority seeding.

If for any reason these distances are not completed at the Canadian Junior Long Track Championships / Canada Cup #2, the seeding will be the appropriate distances at Canada Cup #3. If a distance is not completed at both Canada Cup #2 and #3, the 2021-22 Canadian rankings – Long Track will be used for seeding.

Skaters who are eligible for the Canada Winter Games and do not compete at the Canada Cups because they are representing SSC at an ISU World Championships or World Cup event will be seeded in Group 1. They will be ranked first in order of their selection to an ISU World Championships and then in order of their selection to an ISU World Cup event.

The skaters will be Grouped based on the seeding as defined above.

- Group 1: Top 8 ranked skaters based for the distance
- Group 2: The next 8 ranked skaters for the distance
- Group 3: The next 8 ranked skaters for the distance
- Group 4: The next 8 ranked skaters for the distance
- Group 5: All remaining ranked skaters
- Group 6: All unranked skaters

Skaters representing the same Province/Territory should not compete in the same pair (ISU Rule 243.1).

Seeding Exceptions:

3000m

For the women's 3000m, skaters will be paired from the Canada Winter Games women's 1500m, with the order of skating from lowest ranked to highest ranked (fastest). Skaters who did not compete in the 1500m will be unranked. These unranked skater(s) will skate in the first pair(s). If there is more than one unranked skater, their order of skating and lanes will be determined by a draw.

5000m

For the men's 5000m, skaters will be paired from the Canada Winter Games men's 1500m with the order of skating from lowest ranked to highest ranked (fastest). Skaters who did not compete in the 1500m will be unranked. These unranked skater(s) will skate in the first pair(s). If there is more than one unranked skater, their order of skating and lanes will be determined by a draw.

Team Pursuit

For the women's Team Pursuit the teams will be paired from the Province or Territory's second fastest skater Canada Winter Games 1500m performance (ISU 243.3a). (If for any reason the women's 1500m has not been skated at the Canada Winter Games, the most recent Canada Cup ranking for the 1500m will be used for ranking).

For the men's Team Pursuit, the teams will be paired from the Province or Territory's second fastest skater Canada Winter Games 1500m performance (ISU 243.3a)). (If for any reason the men's 1500m has not been skated at the Canada Winter Games, the most recent Canada Cup ranking for the 1500m will be used for ranking).

Mass Start

For the men's and women's Mass Start, the skaters will be ranked from the Canada Winter Games 1500m with the fastest skater being in start position 1. (If for any reason the 1500m has not been skated at the Canada Winter Games the most recent Canada Cup ranking for the 1500m will be used for ranking). Skater(s) who did not compete in the 1500m will be unranked. These unranked skater(s) will have their start position determined by draw. Their start positions will be drawn after all ranked skaters' start positions are determined. The number of participants eligible for the mass start shall not be limited.

Order of Racing

Racing conditions should be equal for each competitive Group. Under stable conditions (ice and air temperatures, wind direction and speed and humidity), the events will be raced with the highest ranked Group racing last. However, variable weather and ice conditions may necessitate changing the order to the highest ranked Group racing first. The highest ranked Group will skate in reverse order. This decision will be made by the Canada Winter Games Speed Skating Jury of Appeal, who will consult with the Ice Commission.

The Canada Games Technical Representative will replace the representative of the ISU on the Ice Commission (ISU 229.2, .3 and .4). Decisions made by the Ice Commission are final and not subject to appeal.

Team Pursuit

The Team Pursuit will be skated as per the ISU rules (ISU 261.1) (Women – 6 laps, Men – 8 laps). Teams are to be entered by Province or Territory and are composed of a minimum of three skaters and a maximum of four skaters of the appropriate gender.¹ The competitors are restricted to the skaters who represent their Province or Territory in the Long Track Speed Skating at the 2023 Canada Winter Games.

The finishing time of the Provincial or Territorial team will be determined as the finish time of the third skater on the team to cross the finish line. If less than three skaters of the team finish the race, the team is considered not to have completed the race and shall be disqualified (ISU 261.1).

The format will be a Time Trial. The teams will be paired according to their seeding (time of the second ranked Provincial or Territorial team member in the women's 1500m or men's 1500m). The two best-seeded teams shall skate at the end (ISU 243.4a)).

¹ This means that a team can be made up of either three or four skaters but they must be from a member of the Provincial/Territorial Canada Winter Games long track team. That means they must not be from short track or any other sport and must be of the appropriate gender.

Starting Lanes: In all races, the fastest seeded team will start at the 1000m finish line.

Disqualifications: A team that is disqualified will be considered as placed last in the event. If more than one team is disqualified, they will be considered as tied for the last place.

Results from the competition (final rank): The teams will be ranked according to the time for the team with the fastest team winning the gold medal.

Mass Start Event

The Mass Start event will be skated as per the ISU rules (ISU 253.4 b)) and ISU Communication No. 2195.

Disqualifications: Any skater who is disqualified in a distance will receive the last place rank. Skaters who do not complete the race will be ranked ahead of a disqualified skater. Skaters not completing the race will be ranked according to the order by which they were removed from the race (lapped). If more than one skater is disqualified they will receive the same rank.

Provincial/Territorial Team Uniforms

During the Canada Winter Games the athletes must wear a competition uniform (skin suit) identified as belonging to the Province/Territory they represent (as per ISU 223 and the Canada Games Technical Package Section 11 (Competitive Uniform) and the Canada Games Council Commercialization and Sponsorship Policy).

Members of a Provincial/Territorial team must wear racing uniforms with identical designs (ISU 223).

If there is a conflict between ISU, SSC and Canada Games Regulations regarding uniforms, the Canada Games Technical Package shall prevail.

Ice Commission

The Ice Commission consists of the SSC assigned referees and the Canada Winter Games Speed Skating Technical Representative. The Ice Commission shall determine the ice preparation procedure in consultation with the technical expert of the ice rink (ISU 229.2). The procedure shall be announced at the draw meeting and shall be included in the starting protocol. The Ice Commission has the right to alter the announced procedure of the preparation of the ice. In this case, the Provincial/Territorial leaders will be immediately informed about all changes in procedure.

APPENDIX 5 - FIELD OF PLAY APPEAL PROCEDURE

In Speed Skating there is an appeals process in place as described by ISU 123 and 124. In Long Track, subject to ISU rule 123, it is possible to file protests to the referee who will consult with the other referees and make a decision. There is no higher appeals process regarding field of play decisions. The Speed Skating Canada Procedures and Regulations make no mention of any other appeal process. These decisions are final.

At the Canada Games there are a separate set of technical regulations that have a wider scope than normal speed skating competition regulations. These documents (the Long Track Canada Winter Games Technical Packages and the LT Field of Play Regulations) are approved by Speed Skating Canada and the Canada Games Council. However, these documents are only used once every four years and it is possible that they will not clearly resolve all issues. These issues must be addressed objectively and in a timely manner. The Speed Skating Canada Formal Appeals process is not designed to accommodate the Canada Winter Games concerns, therefore a Canada Winter Games Speed Skating Jury of Appeal is proposed as the step between the field of play process and the formal Canada Games Appeals process.

Canada Winter Games Speed Skating Jury of Appeal

The Canada Winter Games Speed Skating Jury of Appeal would include the ST and LT Technical Representatives, chief LT referee, chief ST referee and a member of the Canada Games Council sport technical staff. If an appeal arises that is beyond the jurisdiction of the ISU and SSC field of play competition rules and cannot be satisfactorily resolved by the field of play personnel, then it would be brought to the Canada Winter Games Speed Skating Jury of Appeal for a timely decision (no more than 24 hours).

The Canada Winter Games Speed Skating Jury of Appeal would be chaired by the Speed Skating Canada Technical Representative responsible for the discipline (ST or LT) that is the source of the appeal.

In any case where the ST or LT Technical Representative anticipates issues based on the Technical Packages interpretation, the Canada Winter Games Speed Skating Jury of Appeal would be consulted for advice and a decision.